Texas A&M University-Corpus Christi  
College of Education  
KINE 4325 – Kinetic Anatomy  
Course Syllabus – 2013

Course: KINE 4325-W01  
Class Meeting/Location: Online  
Semester: Fall 2013

Instructor: Lindsey Jarrett, MS, CSCS  
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I. COURSE DESCRIPTION
An analysis of the skeletal, muscular, and neurological structure and functional aspects of human movement with emphasis on sport and fitness activities. Prerequisite: BIOL 2401 and KINE 1320 or KINE 2313.

II. RATIONALE
Kinesiology is an introductory/survey course designed to provide students with the basic knowledge of kinetic anatomy including the integration of the skeletal, muscular and neurological systems to produce human movement. The web based format will provide both information and some practical application to real life situations.

III. ADOPTED PROFICIENCIES FOR TEACHERS AND/OR ADMINISTRATORS/COUNSELORS
1. LEARNER-CENTERED KNOWLEDGE: The teacher possesses and draws on a rich knowledge base of content, pedagogy, and technology to provide relevant and meaningful learning experiences for all students.
2. LEARNER-CENTERED INSTRUCTION: To create a learner-centered community, the teacher collaboratively identifies needs; and plans, implements, and assesses instruction using technology and other resources.
3. EQUITY IN EXCELLENCE FOR ALL LEARNERS: The teacher responds appropriately to diverse groups of learners.
4. LEARNER-CENTERED COMMUNICATION: While acting as an advocate for all students and the school, the teacher demonstrates effective professional and interpersonal communication skills.
5. LEARNER-CENTERED PROFESSIONAL DEVELOPMENT: The teacher, as a reflective practitioner dedicated to all students’ success, demonstrates a commitment to learn, to improve the profession, and to maintain ethics and personal integrity.

IV. TExES COMPETENCIES & CAATE COMPETENCIES & PROFICIENCIES
A. TExES COMPETENCIES
   a. Domain I – MOVEMENT SKILLS AND KNOWLEDGE
      i. Competency 003 – The teacher understands and applies knowledge of movement concepts and biomechanical principles.
   b. Domain II – HEALTH-RELATED PHYSICAL FITNESS
      i. Competency 006 – The teacher understands major body systems, principles of physical fitness development and training, and the benefits of a healthy, active lifestyle.

b. NATIONAL COMPETENCIES & PROFICIENCIES FOR ATHLETIC TRAINING  
   (CAATE 4th Ed.)
   Diagnosis Competencies Taught & Evaluated
A. DI-C4: Explain directional terms and cardinal planes used to describe the body and the relationship of its parts.

B. DI-C5: Describe the principles and concepts of body movement including functional classification of joints, arthrokinematics, normal ranges of joint motion, joint action terminology, and muscle groups responsible for joint actions (prime movers, synergists), skeletal muscle contraction, and kinesthesia/proprioception.

V. COURSE OBJECTIVE AND OUTCOMES
As a result of successfully completing this course, the student will be able to:
1. Define the term "kinesiology".
2. Understand the difference between a narrow and broad interpretation of "kinesiology" in the professions.
3. Identify and describe the reference positions, planes, and axes associated with the human body.
4. Identify the terminology used to describe body part locations, reference positions, and anatomical directions.
5. Categorize joints based on structure and movement capabilities.
6. Explain the functions of articular cartilage and fibrocartilage.
7. Identify factors contributing to joint stability and flexibility.
8. Identify the basic behavioral properties of the musculotendinous unit.
9. Explain how skeletal muscles function to produce coordinated movement of the human body.
10. Identify muscles that are active during specific upper extremity movements.
11. Identify exercises that strengthen the upper extremities.
12. Identify muscles that are active during specific lower extremity movements.
13. Identify exercises that strengthen the lower extremities.
14. Identify muscles that are active during specific spine movements.
15. Identify exercises that strengthen the spine.
16. Describe the segmental movements occurring in a multi-joint activity or sport skill.
17. Demonstrate computer proficiency through the use of word processors, spreadsheets, kinesiology software, electronic mail, and the Internet.

VI. COURSE TOPICS
1. Foundations of structural kinesiology.
2. Neuromuscular fundamentals.
3. Basic biomechanical factors and concepts.
4. The shoulder girdle.
5. The shoulder joint.
6. The elbow and radioulnar joint.
7. Muscular analysis of upper extremity exercises.
8. The hip and pelvic girdle.
10. The trunk and spinal column.
11. Muscular analysis of trunk and lower extremity exercises.

VII. INSTRUCTIONAL METHODS AND ACTIVITIES
A. Traditional Experiences
   a. The course will include assigned chapter readings, powerpoint presentations, and CD-ROM.

B. Clinical Experiences
   a. Weekly assignments include some hands-on application of material.
VIII. EVALUATION AND GRADE ASSIGNMENT
Your grade in this class will be determined from a point percentage. Points will be given for exams and completed skill proficiencies. The grading scale is as follows:

A. Methods and Percentage of Final Course Grade Each Assessment Constitutes:
   1. Traditional Assessment
      a. One Pre-test assessment = 5 points
      b. Weekly homework assignments (13 total) @ 5 points each = 65 points
      c. Weekly quizzes (14 total) @ 10 points each = 140 points
      d. Four exams @ 50 points each = 200 points

Total Points = ~ 410 points

B. Grading Scale
   90-100% = A
   80-89% = B
   70-79% = C
   60-69% = D
   Below 60% = F

IX. CLASS SCHEDULE AND POLICIES
A. Tentative Course Schedule

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<tbody>
<tr>
<td>September 4</td>
<td>Fall Classes Begin</td>
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<tr>
<td>September 10</td>
<td>Intro, Syllabus, Pretest, AS1, AS2 Due</td>
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<tr>
<td>September 11</td>
<td>Test I Due (Open 5am-11pm)</td>
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<td>September 17</td>
<td>AS3 Due</td>
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<tr>
<td>September 24</td>
<td>AS4 Due</td>
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<td>October 1</td>
<td>AS5 Due</td>
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<td>October 8</td>
<td>AS6 Due</td>
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<tr>
<td>October 9</td>
<td>Test II Due (Open 5am-11pm)</td>
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<td>October 15</td>
<td>AS7 Due</td>
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<td>October 22</td>
<td>AS8 Due</td>
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<tr>
<td>October 29</td>
<td>AS9 Due</td>
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<tr>
<td>October 30</td>
<td>Test III (Open 5am-11pm)</td>
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<tr>
<td>November 5</td>
<td>AS10 Due</td>
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<td>November 12</td>
<td>AS11 Due</td>
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<td>November 15</td>
<td>Last Day to Drop</td>
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<td>November 19</td>
<td>AS12 Due</td>
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<td>November 26</td>
<td>AS13 Due</td>
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<td>November 27</td>
<td>Test IV (Open 5am-11pm)</td>
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<td>November 28-29</td>
<td>Thanksgiving Holidays</td>
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<td>December 10</td>
<td>Extra Credit due; Last Day of Classes</td>
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B. CLASS POLICIES
Attendance
The entire course including assignments, quizzes and exams are available on-line and are available according the course schedule. Students are required to complete the course work when assigned and complete the work by the due date. Excused absences are limited to participation in a TAMUCC
sanctioned event or participation in a religious holy day as outlined in the University catalog; however, because there is typically is sufficient time to complete all assignments missed assignments, quizzes and exams will only be made up in extreme circumstances. Any assignment, quiz, or test missed due to a TAMUCC sanctioned event must be completed prior to the absence. Coursework, assignments, and quizzes may not be made-up due to tardiness. Consistent and punctual attendance and participation is critical to the successful completion of this course. If the student misses an assignment, quiz or exam due to emergencies which involve illness, family emergencies etc., it is the responsibility of the student to notify the instructor as soon as possible via e-mail or phone.

Technology
This course is delivered via Blackboard. Important Note: All students must enter a User Name and Password to access their Blackboard account. Student User Names will be your student ‘A’ number (i.e. A00123456). Student passwords will default to date of birth; however, passwords should be changed after the initial log in. It is the student’s responsibility to have reliable computer and internet access. If a student experiences technical difficulties, please call the Island Online (IOL) support line at 361-825-2825. Additionally, please notify the instructor ASAP via phone or e-mail.

Academic Integrity/Plagiarism.
University students are expected to conduct themselves in accordance with the highest standards of academic honesty. Academic misconduct for which a student is subject to penalty includes all forms of cheating, such as illicit possession of examinations or examination materials, falsification, forgery, complicity or plagiarism. (Plagiarism is the presentation of the work of another as one’s own work.) In this class, academic misconduct or complicity in an act of academic misconduct on an assignment or test will result in a zero on the assignment, exam or quiz and a referral to the judicial board of academic affairs.

Dropping a Class
I hope that you never find it necessary to drop this or any other class. However, events can sometimes occur that make dropping a course necessary or wise. Please consult with me before you decide to drop to be sure it is the best thing to do. Should dropping the course be the best course of action, you must initiate the process to drop the course by going to the Student Services Center and filling out a course drop form. Just stopping attendance and participation WILL NOT automatically result in your being dropped from the class. Friday November 15, 2013 is the last day to drop a class with an automatic grade of “W” this term.

X. TEXTBOOKS

XI. BIBLIOGRAPHY
The knowledge bases that supports course content and procedures include:
XII. GRADE APPEALS
As stated in University Rule 13.02.99.C2, Student Grade Appeals, a student who believes that he or she has not been held to appropriate academic standards as outlined in the class syllabus, equitable evaluation procedures, or appropriate grading, may appeal the final grade given in the course. The burden of proof is upon the student to demonstrate the appropriateness of the appeal. A student with a complaint about a grade is encouraged to first discuss the matter with the instructor. For complete details, including the responsibilities of the parties involved in the process and the number of days allowed for completing the steps in the process, see University Rule 13.02.99.C2, Student Grade Appeals, and University Procedure 13.02.99.C2.01, Student Grade Appeal Procedures. These documents are accessible through the University Rules Web site at http://www.tamucc.edu/provost/university_rules/index.html. For assistance and/or guidance in the grade appeal process, students may contact the Office of Student Affairs.

XIII. DISABILITY ACCOMMODATIONS
The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you believe you have a disability requiring an accommodation, please call or visit Disability Services at (361) 825-5816 in CCH 116. If you are a returning veteran and are experiencing cognitive and/or physical access issues in the classroom or on campus, please contact the Disability Services office for assistance at (361) 825-5816.

KINE 4325-Kinetic Anatomy Syllabus Acknowledgment Form
I, (print name)____________________________________________, certify by my signature that I have read and understand the class policies that have been presented in the class syllabus for KINE 4325-Kinetic Anatomy at Texas A&M University-Corpus Christi.
Signature ______________________________________ Date ____________________
Student ID # _____________________
Copy and paste this form into the Syllabus Assignment “submission box” on the Blackboard Course. Make sure to sign, date, and fill in your Student ID.